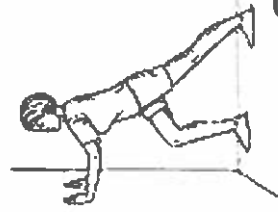




Static Stretches



Calf



Hamstring



Hip flexor



Quad



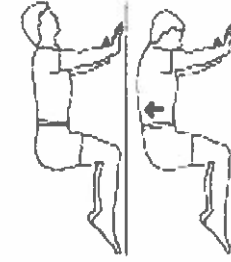
Groin



Gluteal muscles



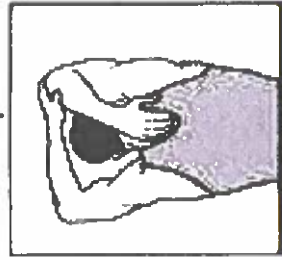
Lower back



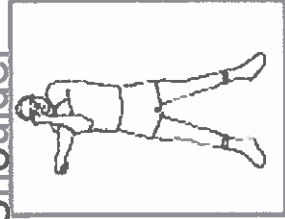
Lower Back



Triceps



Shoulder



Chest

